

The UCD Wellness Connection

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Give dad the gift of healthy vision

Looking for a Father's Day gift dad will actually use?

[Consider these eye health options →](#)



Temporomandibular Joint (TMJ) Headaches: Causes and Solutions

Did you know your headache might be caused by a TMJ disorder?

[Here's what you should know →](#)



5 ways to prevent Alzheimer's disease

Your mouth and eyes can play a role in reducing the risk of Alzheimer's.

[Learn how →](#)



Fireworks and eye safety: What you need to know

Protecting your vision and hearing can help you enjoy fireworks season.

[See why →](#)